



A MINUTE OF HEALTH WITH CDC

Stay Awake Behind the Wheel

Drowsy Driving Prevention Week — November 6-13, 2016

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Being a safe driver requires complete focus on the road and the cars around you. Unfortunately, many people get behind the wheel when they've had a long day at work or haven't gotten enough sleep. A recent study found that more than one in five fatal crashes involves a drowsy or sleepy driver. People who work at night or have multiple jobs or irregular schedules are at increased risk for motor-vehicle crashes because they are less likely to get the recommended seven or more hours of sleep. Going to bed early can help improve your chances of getting enough sleep. If you're nodding off at the wheel, pull over and take a brief 15-minute nap. Better to be a little late to your destination than to not arrive at all.

Thank you for joining us on a Minute of Health with CDC.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.